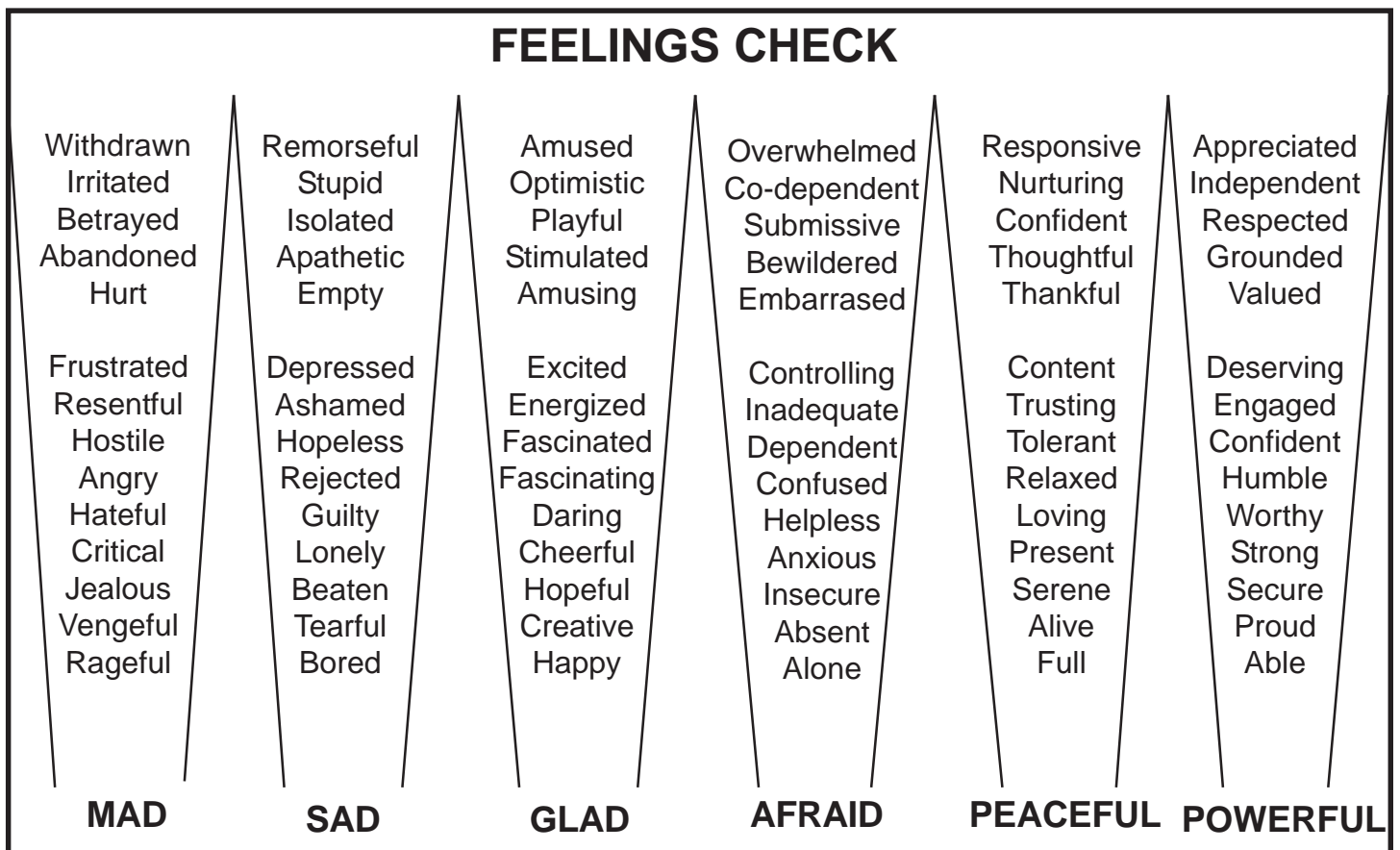


Use This Chart to Help People Identify Their True Feelings



Most people use words to describe what they are feeling that are not real feeling words. They use words that describe their state of mind more than their emotions. It helps if you ask, "Are you Mad, Sad, Glad, or Afraid?"